You may have heard the story in several forms about a professor who asks his students about a beaker and its contents.

The professor fills the beaker with rocks and asks the students if the beaker is full - the class replies, "Yes."

The professor then adds pebbles to the beaker to the extent possible and asks the students if the beaker is now full - the class replies, "Yes."

Finally, the professor adds sand to the beaker to the extent possible, demonstrating integral calculus, among other things.

The sequence of the demonstration is demonstrative in several ways. The rocks must be added first - if the sand was added first, there could be no point made - there would not be room for even the pebbles.

An elder in our church made a point about this analogy.

Could the sand be considered the myriad of day-to-day things in our lives? The pebbles might be problems at work or home. Some of the sand and pebbles could be sin.

Are we not a vessel?

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." – Romans 15:13

Be filled with God first!

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